

Self-Culture.

(A Monthly Journal & Review.)

EDITOR and PUBLISHER,
Dr. K. T. Ramasami, D. Sc., Ph. D.

ASSOCIATE EDITORS,
Dr. J. M. Peebles, M. A., M. D., Ph. D.
Prof. J. M. Severn, F. B. P. S., F. I. A. Sc.
Dr. James Coates, Ph. D., F. A. S.
Dr. T. M. Nair, Ph. D. Sc., A. M.—I. A. Sc.

Vol. V. February & March 1911 No. 2 & 3.

Contents.

Resurrection of the Body.
Mediumship vindicated.
Vedanta.
The Mystic syllable—HOO.
Strength in Silence.
Luther's story of a Ghost.
Honey as a Health Food.
Anticipation.
Suggestive Therapeutics.
Health Culture.
Success Club.
Musings.
Notes & Reviews.

PRINTED AT THE EXCELSIOR PRESS,
KIZHANATTAM.

Annual Subscription Rs. 3. Single Copy @ As. 4.

ENROL NOW As a Associate Member

of our ACADEMY.

Persons of either sex interested in Mental Psychic. Occult and Spiritual development should lose no time in applying for a MEMBERSHIP in the **Indian Academy of Science**—the foremost Institutional Society of the East.

The advantages:—

1. Recognition in the Scientific world, by our DEGREE and DIPLOMA.
2. Free supply of our Monthly Journal SELF-CULTURE.
3. Free Initiation in the Tele-Psychy and the SUCCESS, HEALTH & HAPPINESS CLUB.
4. Facilities for mutual exchange of thoughts, etc, etc.

ENROL NOW and derive the benefits:

The Annual Subscription is only Rs. 4; Sh. 6; or Dol. 1.50.

Apply to **THE INDIAN ACADEMY OF SCIENCE**,

Send for the FREE Prospectus

of the **INDIAN ACADEMY OF SCIENCE**, and understand fully the nature of our work, and the Correspondence Courses of Instructions in Mental, Psychic, Occult and Spiritual Sciences.

The price of our Courses is reduced.

Address all communications to:—

The Indian Academy of Science.
KIZHANATTAM, Tinnevely Dist. S. India.

Rs. 10540; Paid as Relief

From 30-9-09 to 30-12-1910

To save many respectable families
from misery and want.

Vide detail:————

Wives of L. Kanwar Bhan, Appeal writer (No. 294) Dera Ghazi Khan	752—11—5
L. Hakim Rai son of L. Iqbal Chand Bahawalpur, No. 822.	637—15—0
Wife of L. Ragho Ram, Proprietor, Union Steam Printing Works Lahore. No. 11.	563—0—0
Wife of B. Khushal Singh Bedi Nowshera Virkan, Distt Gujranwala No. 34	563—0—0
Nominee of S. Hornam Singh No. 1213.	516—13—0
Mrs Sital Prashad Srivastava Bareilly No 1148	637—15—0
Wife of L. Utam Chand Obberoi (murdered) Chakwal, Dist Jhelum No. 1008	501—11—5
Nominee of Thariya Ram Bahawalpur No 838	501—13—5
P. Jai Bhagwan Halvai Multan Cantt Nominee of Sri Nihali No. 142	485—15—0
Nominee of M. Pirmanand No. 1614	455—11—0
Nominee of L. Brij Lal, Hoshiarpur No. 1736. under settlement	364—3—0
Wife of L. Kirpa Ram, Confectioner, Mardan Cantonment, No 803	422—2—0
L. Devi Das Secretary National Insurance and Banking Company Ltd, Allahabad, nominee of Shrimati Nanki Bai No 265	420—0—0
Nominee of B. Juramoni Chakarbarty of Dakshin Burshi, Thana Patiya, Chittagong No 1261	418—3—6
Chandra Gupit Son of L. Narain Das Makhija Dera Ghasi Khan No 190	500—5—6
L. Notan Das, Sadar Cashier, Bahawalpur nominee of member No 633	210—0—0

For further particulars apply to:—

**Hindustan Assurance &
Mutual Benefit Society Ltd, GUJRANWALA**

COMPETITION REDUCTION SALE.

At one third price!

At one third price!

Don't spend your money in vain until you inspect our first class sterling Silver valuable Watches, and beautiful presents quite a competition in value, and 50% less than Bombay, Calcutta, Madras and other market rates:—

Our world renowned solid sterling Silver Registered Gun time "FLAG" WATCH, engine turned or engraved case with 24 pretty presents and a stamped guarantee for fully 7 years. Original sale price, Rs. 20, competition reduced price Rs. 6-7-0 only:—



Durable & Cheap!

Neat & Strong

The best time keepers, the neatest, soundest and cheapest of all Watches ever imported into India.

Write for the Description of 24 Presents.

FURTHER SPECIAL ADVANTAGE.

To the purchasers of two Watches at a time the whole postage and packing free of charges; and one Watch with prizes will be presented free to the purchasers of 6 Watches at a time.

Postage extra. Address:—

The General Manager,

Indian Watch Co.,

Direct Importers. HEAD OFFICE:—SADRAS.
Chengelpat Dist., MADRAS.

THE 'South Indian Mail' MADURA

Established 1887.

Published Every Monday at Madura.

*The cheapest and one of the most
useful English Weeklies in South
India and the best medium for
Advertisements.*

Rates of Subscription Including postage.

ANNUAL	4	12	0
HALF-YEARLY	2	6	0
QUARTERLY	1	3	0

Pure Swadeshi!!

Superior Knives!

Cheap! Splendid Bargain!! Fine!!!

These goods have had certificates of merit, DIPLOMAS and GOLD MEDALS in the various Exhibitions of Ettayapuram, Lahore, Mysore, & Tiruchur.

Ask for price list. Buyers in lot will be allowed special trade discount. Postage extra.

WANTED AGENTS on decent commission. Enquiry should always accompany $\frac{1}{2}$ anna postal stamps.

A V KRISHNA IYER,

Cutlery Manufacturer, MELARKOD, MALABAR.

The Wonderful Trikal Darshi alna:

OF THE TWENTIETH CENTURY.

GENTLEMEN--Please order for one glass.

There is no other means of knowing the Past, Present and Future in a smaller price than this. The method to which the ancient Sages had recourse for the knowledge of the past, Present and future has come to light by the unbounded grace of a great Mahatma--and people in general may be benefited by its use.

This invention brought to light in order to ascertain the answers of the following or like queries:--

(1) What is one doing. (2) What is one's condition (3) Whether a certain act will come out successful or otherwise? (4) What will be the result of a certain act? (5) What is the situation and condition of a person's place of destination? (6) What are superior friends and relations doing? (7) Where can the buried wealth be obtained and what is its nature? (8) What will be the result fair or foul of a certain private public quarrel?

The glass is of great value in solving the above or like questions.

If once purchased there is no necessity of re-purchasing provided is kept safely.

Numerous certificates have been obtained from the learned men. Price of the glass is Rs. 2, annas 9, including packing and post-age.

A book in English describing the use of the glass will be supplied. The glass is 7" x 5"

N.B.--In case the glass does not turn out to your wishes, it may be returned and the price (Rs. 2 only) refunded, provided the glass is sent back within twenty-four (24) hours of its delivery.

Purchasers are requested to write their full address with name in English legibly.

Correspondent's name, Post Office, and village or town should be neatly written so as to ensure prompt execution of orders.

All communications should be made in English to the following address:--

Ashabhai Vaghjibhai Patel
POST KARMSAD via ANAND.
Dt. Kaira, S. Gujrat.

These Books You Should Read

OF DR. J. M. PEEBLES, M. A., M. D., PH. D.

Biography of J. M. Peebles, by Prof. E. Whipple	Rs. 3-15-0
Death Defeated or how to keep young	Rs. 3-9-0
Spiritualism Vs. Materialism	Rs. 1-4-0
What is Spiritualism	Rs. 1-2-0
Vaccination a Curse	Rs. 3-2-0
Immortality (the occupations of Spirits.)	Rs. 3-10-0
The pathway of the human spirit traced	Rs. 2-11-0
Spirit Mates	Rs. 3-15-0
The Demonism of the Ages	Rs. 3-11-0
The Christ question settled	Rs. 3-11-0
Buddhism & Christianity face to face	Rs. 1-1-0
Re-Incarnation	Rs. 1-2-0
Address:—The Peebles Pub Co., Battle Creek, MICH, U. S. America.	

ROSICRUCIAN WORKS.

BY DR. R. SWINBURNE CLYMER.

The Order Militia Crucifera Evangelica	Rs. 6-4-0
Ancient Mystic Oriental Masonry	Rs. 4-11-0
Mysteries of Orlis	Rs. 9-0-0
Address:—The House of Clymer, ALLENTOWN, Pa. U. S. America.	

CLAIRVOYANCE

By Anjanum-Gazing.

Anjanum-Gazing intensifies the activities of the latent Clairvoyant and the Telepathic functions of the mind. Any boy or girl can, with a little practice in the art, see wonderful visions of distant scenes, persons and even the departed Spiritual friends and relatives. This is a harmless, amusing pastime, productive of quicker and astonishing results than by Crystal-Gazing.

Outfit of Anjanum with a Booklet of full instructions in the art of Anjanum-Gazing.

Cost. Re. 1/2/-; Sh. 2; or 50 cents; Post paid.

Send all orders & remittance to:—The Indian Academy of Science, KIZHANATTAM, Tinnevely Dist, S. INDIA.

The Tope School of Phrenology

Bowerston, Ohio, U. S. A.

Teaches the greatest art of mankind. How to read people as open books, how to read photographs like printed words, and the way to enjoy life and be most useful and aged.


Many students are Flocking to This School.

Two Mall Courses, Primary and Professional. First Course requires Dol. 5 for the Ten Lessons, and Dol. 4 for books, a certificate of scholarship is given. The Second Course requires Dol. 5 for Ten Lessons, and Dol. 6 for books and Graduating Diploma. It prepares you for active professional work, or it will help you immensely in your business.

The school publishes **The Phranological Era**, @ 50 cents a year. This Journal circulates around the globe, and each number is worth the price.

Send for circulars and terms of the school free; and 10 cents for sample copy of the Journal. *Apply to:—*

PROF. M. TOPE, BOWERSTON, OHIO, U. S. A.

 *Be sure to write your address plain.*

SELF-CULTURE.

A Monthly Journal of Inspiration.

Vol V. FEBRUARY & MARCH 1911 Nos. 2 & 3.

DEPARTMENT OF SPIRITUALISM.

Conducted by the Associate Editor,

Dr. J. M. Peebles., M. A., M. D., PH. D.

The Church Doctrine Of The Resurrection Of the Body.

The *New York World* informed the public a few days since that twenty-seven missionaries had sailed the day previous to India and Burma, to convert the heathen; and among the church doctrines that they were to inculcate and teach was that of the resurrection of the human body.

The great church authority, Augustine, said that "the flesh of every human being shall be restored to the individual wherein it first became human flesh, regardless of the changes it may have passed through."

In the English church creed, the Episcopal church, are these words: "I believe in the resurrection of the body and the life everlasting." The Rev Dr. Young in a funeral sermon, said recently, "Every component particle of the body, from the

crown of the head to the soles of the feet, will be resurrected, and in this flesh will men see and converse with God face to face". Here is a portion of an orthodox hymn teaching the same doctrine:—

"Thus Christ arose, ascending high,
And showed our feet the way;
Up to the Lord our flesh shall fly
At the great judgment day.

"Then let the last loud trumpet sound
And bid our kindred rise;
Awake, ye nations under ground,
Ye saints, ascend the skies".

This churchianic doctrine is not only opposed to science, reason and philosophy, but to the Apostolic teaching of Paul, who said, "We sow not that body which shall be • • • •". There is a natural body and there is a spiritual body. These natural physical bodies correspond to the chaff of the wheat—to the husks of the corn. Harvest-time separates them forever, because the end, for which they were united, had been subserved. So with the earthly and the inner ethereal body. The death angel divides them.

There is nothing more unphilosophical or unscientific than that the conscious spirit will ever return from the spirit world and take on a human body. Just as well expect the blade of wheat

to return and re-enter the kernel, the oak to return and re-enter the acorn, the bird to seek the shell of its old nest, as for living immortal spirits to return graveward in some future period, take on and re-inhabit their earthly bodies.

A number of years ago when it was talked of putting a suitable monument over the place where was buried in the long ago, the body of the distinguished Roger Williams of Rhode Island, it was found that upon digging down into the charnel house, that nearly everything had passed into oblivion. The shape of the coffin could only be traced by a black line of carbonaceous matter. The rusted remains of the hinges and the nails, with a few fragments of wood and a single round knot of the shape of the human skull, could be gathered from this grave. The roots of a tree—a pear tree, standing near, reached into the spot occupied by the skull of Roger Williams. There taking a turn as if going around the skull it followed the direction of the spinal column to the hips. Here it divided into two branches, sending one along to each heel—the whole bearing a close resemblance to the human body. Thus the substance of the body, ultimated in fruit, fruit which was again eaten and assimilated into other human bodies. The question is therefore, who, in the

resurrection of the body, will legitimately and legally own these particles of dead animal substances?

Sailors and passengers on board of steamers, are often buried in the ocean, varieties of fish devour them and men in turn, devour the fish. Who will own these fleshly atoms in the resurrection? According to the biblical record Methuselah, lived over 900 years and must have had nearly a hundred different bodies. Which one of these is to be the resurrection body when the angel sounds his trumpet? In certain Islands of the ocean, savages, termed cannibals, kill their enemies, eat their flesh, so that the same earthly materials form the component parts of different individualized human beings. Which individual will they belong to in the resurrection?

This whole church dogma, like that of the fall of man, the atoning blood and the endless damnation of a portion of the human race, is unreasonable, logically irrational and devoid of one scintilla of absolute demonstration.

The simple truth is, man is dying daily and being resurrected daily. Every lifting of the foot, every motion of the body, witnesses the death of atoms, molecules and cells; the old are thrown off, as excretory substances; the new are taken on in

foods, drinks and the air we breathe, giving us day by day, new elements; and with right living, more spiritualized bodies. At death, the physical body returns to earth and the "spiritual" rather the soul-body, is resurrected out of this physical body into the etherealized spheres of immortality. And according to its refinement and purity, its rarefication and etherealization, it enters the aural spheres to which it spiritually adapted.

Worms crawl, but the birds fly. So, noble and exalted spirits, in passing from their bodies, pass to those brighter fields of blessedness while the grossly immoral, remain near the earth and may be termed atmospheric spirits. These may become personating or obsessing spirits; but their conditions are not finalities. Progress spans all worlds.

Mediumship Vindicated

Dr. Peebles Saw Picture Produced—

Calls Work of Bangs Sisters Genuine.

In compliance with several requests we take extreme pleasure in presenting before your readers the circumstances covering our recent experience with the Bangs sisters. Journeying on our way to the Pacific Coast we staid over night in

Chicago calling on the Bangs sisters, with whom we had previously corresponded. Though expressing their unpreparedness, they willingly consented to give us a seance.

With short delay we were admitted to the seance room, about ten feet by six feet, with one large window at one end, a door at the other, and two side doors. Comfortably seated, conversation was genial and general, Dr. Peebles desiring to have a spirit picture of one of his chief guides.

Accordingly, Mr. Sudall accompanied one of the sisters to a storeroom, wherein a large pile of new canvases were stored. Selecting two of these from the center he marked them and carried them to the seance room. They were then placed upon the table in front of the window, each of the sisters taking hold of the edge, thus keeping them perpendicular. We examined the room, chairs, table, window and shutters, finding them to our satisfaction, free from anything of a suspicious nature. Next, a curtain of black velvet was placed over the window and around the edges of the canvases, thus shutting off all light, except that focused upon the almost transparent canvas.

With the sisters occupying seats on each side of the table, holding the canvas near the window, and Dr. Peebles, Mr. Sudall and another lady

facing in front, the conditions necessary for this kind of phenomena were completed.

Soon the canvas assumed a dark appearance growing gradually darker toward the edges. Then a change to light, and dark again, varying thus intermittently for a short time. Then came waves of seemingly colored clouds passing from side to side, up and down. Dimly we perceived the outline of a human head and shoulders, clearer and clearer they came to view until the facial outlines were distinctly visible. The process was likened to a precipitation of colors, deposited or developed similar to a negative photograph plate in the chemical bath. Slowly, surely and gradually, with persevering efforts, came the clear and distinct features of an old, patriarchal man, with snowy white hair and beard. Grand was the spectacle to behold, yet suddenly the form vanished and, clouding again, the canvas was almost a blank!

But patient and intent watching revealed to us the careful unfolding of the same remarkable features, yet the eyes were more brilliant and the features more distinct. But we thought the beard was short and somewhat scant, the moustache a little uneven. And so, without further ado, the eyes gradually closed and the picture again clouded, to be again restored to our sight in all

the glory and magnificence it was possible to conceive of. Brilliant and piercing were the eyes, beautifully tinted were the features, and the beard no longer scraggy, but long, wide, flowing and profusive in snowy whiteness—a glorious picture to behold, entrancing us all for quite a time.

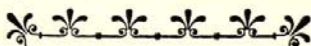
Later, although our attention was distracted from the picture, the words, "The Apostle John," were added in one corner. So here was the Apostle John's picture as he trod the earth, ministering to the people, teaching and being taught, emphasizing the love of God to man. The whole proceedings seemed like a miracle, filling us with a feeling of awe and wonder. We are grateful beyond measure in the happy possession of such a valuable work of spirit science and art. And all this is due mainly to the Bangs sisters, for their mediumship was marvelously demonstrated. All doubt as to their honesty and integrity was instantly cast aside by their thorough willingness for test conditions.

Following this seance we were permitted separate sittings for the receiving of direct spirit writing. Placing written questions and blank paper in a sealed envelope, and again placing this between closed slates, we each received, after a short interval, the envelopes unbroken and intact.

Opening them we found upon our blank paper answers to our written questions and greetings from our guardian spirits, inspiring us on in our work for humanity.

Believing in the honesty and integrity of the Bangs sisters as mediums, and, further, knowing the manifestations witnessed were genuine, we thus take this opportunity to express publicly our sincerest thanks to the Bangs sisters for their untiring efforts in the work of Spiritualism and for the comforting and inspiring messages received from our loved ones.

[*By Robert Peebles Sudall & Dr. Peebles.*]



DEPARTMENT OF VEDANTA.

[*Continued from the December issue.*]

Among the other qualities, the following are enumerated by Sri Ramanuja in his commentary on the 'Vedanta Sutras': Discrimination, controlling the passions, purity and strength. All these are requisites for the student who would fain enjoy the bliss of realization, a bliss that is beyond all comparison. Lovers of God say, "Thou art the sole means, Oh God, and thou art the sole end to be attained." Without God nothing can be attained; without Him, what is the use of any other attainment? Attaining whom all

other things are attained, and knowing whom all other things are known. He is the Supreme Lord who is all Love. He is our great Gurur. He guides us along the right track and His love falls upon us and blesses us on occasions when we are not even dreaming of it, just like "the dew that falls unseen and unheard, yet bringing into bloom masses of roses." Bearing this in mind then, what else can we do but surrender ourself, body, mind and soul to the ocean of mercy, and to pray to Him for help with all faith? Let us take advantage also of the laws of mind in our endeavour to purify ourselves. Here is a method.

Just before going to bed at night make a careful review of all your important thoughts, words and deeds of the day and decide most impartially as to which of them are right and which are wrong. Knowing both sides then lift your hands to God in silence and pray fervently. "Lord who art all Love, and Good, flying from the temptations and unrealities of the world in thee I take refuge. Purify me, thou Omnipresent PURITY, and liberate me from all my sins. This body, mind and soul and all other things on earth are thine. I am but an innocent child of thee, nor did I in my heart wish to do those

sinful deeds which I have done to day. As thou hast made me the doer of those good deeds I have done today, so mayest thou be merciful enough to do other good deeds to-morrow. May I be conscious of thy presence always and every where and mayest thou, Oh Pure Effulgent One, shine through me and bless me with light and Life." This prayer must be of earnest and sincere feeling and you must sleep with these last thoughts in your mind. Early in the morning too, rise up with the faith that God shall take care of you, and shall not lead you into temptation; and pray once more that He may manifest more of himself in and through you. This done day by day you shall become purer and purer and if perchance an evil thought enters your mind, atonce run to the thought that God is shining through you, and that you are radiating love and purity. If you are brave and earnest even in a fortnight you can change yourself, and I know of a man who thus completely transformed himself in a fortnight. The Lord is present in every atom. Therefore inhale more of him, drink more of Him, and receive more of him. Think of Him, feel Him, meditate on Him, and by and by your little egoism shall disappear and He alone shall shine through you. Love God, feel

Him nearer to you than yourself, and all round you. This shall unite you with Him. (A. S.)

The Mystic Syllable--HOO.

"Hoo" is an Arabic word. It is a pronoun meaning He (he is) God. In the Islamic Philosophy it is a "Divine Voice" which is heard when we close our ears by means of our fingers. If we carefully follow that sound it reveals to us the mysteries of the Creator. To attain this end close the 7 doors leading to these mysteries — ears with thumbs of both the hands, eyes with forefingers, nostrils with middle fingers, and mouth, upper lip pressed down by the ring fingers and the lower lip pressed upward by the little fingers.

"Kalima is" the Muhammadan confession of faith which reads "La Elaha Illullah Mahamader Rasoolallah." It means "No God, but God and Mohamed is the Apostle of God" This Kalima is the confession of a Muhammadan's faith. The Kalima of the inner self is "Hoo." It is otherwise called "Kalima of breath."

There are 99 names of God. Each name having an attribute of its own. For example the name "Khabkh" which means Creator, indicates

the attribute of God. The name "Hoo" does not come under these 99 names as no qualities are attached to it. It is void of all affirmative and negative attributes of God. It is here where no distinction can be made between god and man. This is a stage of "Oneness."

(M. H. P. Ghatalah, A. M.-I. A. Sc.)

Strength In Silence.

All imperfection is noise, and not harmony. All development, all real growth is in silence, which is harmony.

Power is silence. No spiritual power is possible while living in excitement.

When poised in mind, you live from a silent centre.

Things in the noisy external do not disturb you when you have found the silence within.

To have anxious thoughts, worry thoughts, fear thoughts, is living in the noise.

To begin I will trust and not try. This is the beginning of this new way of living (or the old way become new.) Do I begin my day with "trust" or "try,"

Well, we will say "trust" this time. Then I am to "trust" no matter what experiences come to-day? Do I live the first little thing in trust?

For true development comes from not despising the little things of life.

As we trust we find we are growing; growing because we have found the silence.

We realise a new power. The power makes us strong and peaceful and happy. It is not an ecstasy of feeling; it is not an emotion. It is a power in us. (Selected)

Luther's Story of a Ghost.

A gentleman had a beautiful wife who died. Not long after her death, he and one of his servants were lying down on their cots in his chamber. During that night his dead wife came into his room and leaned over his bed, as if she desired to talk with him. The servant (seeing the same object three nights in succession) asked his master if he knew that a woman dressed in white came into his bed room every night. He answered, No, I sleep very sound, therefore I see nothing. When night approached, he became very restless, only waiting to see if this lady would again return. Just as he was about to enter dreamland the lady came into his room and stood beside his bed. "Who are you?" he asked, trembling with fear. She answered, "I am your wife. "My wife," said he, "is dead and buried." "It is

true," said she, "it was because of your sins and swearing I died; but if you would take me and would abstain from swearing one particular oath which you so often use, then, I would be your same sweet wife again."

He said, "I am contented to comply with your request," whereup his beautiful wife remained with him, ruled his house, and had children.

Now, after all this had come to pass, the gentleman disregarded his vow. One night when he was entertaining his guests at a banquet, his wife went out to prepare supper, and, staying as he thought a very long time (forgetting his promise), he made his same old oath again, whereupon his wife vanished. Seeing she did not return, he went in search of her, but she could not be found. He found the beautiful gown she wore, but the beautiful wife, the joy of his heart, had vanished forever. (Selected)



The Nobler and greater the incentive to action, the greater the mind of the actor; we must have some goal before our vision ere we act our highest and best to reach upward and onward. (Prof. Hines.)

Honey as a Health Food.

HONEY is a medicament which can be used for various purposes. Dyspeptics whose real treatment consists in a strict food regimen should use it as dessert in place of cakes, fruits and nuts, such as Almonds. Honey has still one more advantage, which is that it acts as a mild laxative, and that is a valuable property for habitual constipation which gives rise to many disorders. Without doubt it is to this double action that honey owes its reputation.

As a narcotic it may be recommended for sleeplessness. Two spoonfuls of honey in a glass of water will suffice to induce sound sleep all night. It is probable that honey in such cases serves to displace indigestible foods, which retained in the stomach disturbs the nightly rest.

That is not all. Honey mixed with water serves as an excellent gargle and has the merit of being very agreeable to the taste, either swallowed by accident or on purpose, for honey mingled with water is delicious. And the ancient Gauls thought such a beverage was a drink of the Gods and termed it hydromel.

(Selected)



Anticipation.

The conditions which as yet surround man may make it difficult to see the true man now.

But at least we can expect him.

We can think about man's glory, and talk about it. We can think about his infinite Wisdom, and talk of the great things he has already done. We can dwell upon his deeds of kindness which are legion. We can laud him for the lovingness he has shown, and, in it, see a proof of his infinite Love.

As we dwell upon an expected pleasure, so can we dwell upon the infinite nature of man. We can think about and make ready for the coming of this great being.

When the heart is saddened by a contemplation of man's wickedness of to-day, we can bring before our thoughts the glory of the coming man. We can think about him in all his beauty and power until the soul is lifted into celestial realms, and the heart is again glad.

We can anticipate man, the creator of all harmony, until we see him walking the streets to-day. We can dwell upon him with so much certainty of his being that our eyes behold him in the man of to-day.

We can think about him with so much loving anticipation that the glory of him shines from the eyes of the people we know, and the marvel of the shining burns away the curtain which has hidden their wonder from our view.

The poverty and crime will no more have the power to blind our eyes to the man of glory in the world to-day. We will take the hand of the man of to-day, knowing that it is the hand of a man of infinite Love.

Illness and disease will no more form an impassable gulf between the man of glory and the man of to-day. The mighty power of our conviction will annihilate all that stands between the man of sorrowful conditions and the marvellous man we are anticipating, and we shall see man to-day as he is—an infinite Creator, limitless in power, boundless in Wisdom, almighty in Love.

The man of to-morrow is the man of to-day. The holiness of his Being shines through the fog surrounding him, sanctifying the mists which hide him from view.

If we love man, we must think much of the man of glory. We must hold him close in our hearts. We must brood over him with the tenderness of a mother.

We must feed him with our life blood. We

must cherish him in the most secret parts of our being if we would see the man of glory so ardently longed for and so long anticipated.

(ALMA GILLEN, in *Expression*.)

Suggestive Therapeutics

By C. BURT LYMAN, PH. D. SC, PS. M, F. I. A. SC.
ROCKFORD, ILLINOIS, U. S. A.

Treatment of all manner of diseases and the correction of vices in young and old through suggestive therapeutics or psychical means is rapidly being recognised by all classes as being the twentieth century system of healing. In the treatment of diseases and the correction of bad habits by this method of cure there is absolutely no mysticism, experiment or guess work; but rather let it be known that the whole system is based upon thoroughly demonstrable facts, physiological and psychological laws, not untenable theories. Disease chronic and acute; that have baffled the skill of doctors of medicine and practitioners of other systems of healing are quickly and permanently cured through psycho-therapy or suggestive therapeutics treatment, when such treatment is given by competent and duly qualified graduate doctor of psychology, or doctor of sug-

gestive therapeutic. Tens of thousands of patients who were pronounced "incurable" by doctors of medicine have been restored to health and strength and given a new lease of life through the efforts of practitioners of suggestive therapeutics. The people are demanding the fain of treatment; they are having less and less faith in doctors and their drugs; they realize that drugs do not cure, but that all real cure can be traced back to psychic or soul influence and force. Sheldon Leavitt, M. D., Chicago says "Drug medication, I repeat, is a deceit and a snare so far as curative effects are concerned. Drugs do, at times operate as a whip and a spur but their curative virtues are wanting. Surgery has been overdone to the snopping point, serum therapy has serious objections apart from the question of efficiency. Electro therapy, hydro-therapy, mechano-therapy, osteopathy and massage are of service, but they are only adjuncts at best—adjuncts to some hitherto unrecognised and unused agency of cure now looming up, I mean Psycho-therapy." In other words the real power to heal in any system of cure is psychic or soul influence.

In treating diseases by suggestive therapeutics the cure is effected by the use of remedies inherent in the mental, psychic and physical

organism of the living being. The remedies consist of forces, faculties and properties of mind and body. The practice of this—now—fully—recognised scientific form of treatment, is the skilful manipulation by the practitioner of all forms of suggestions—verbal, mental, histrionic, telepathic etc., in accordance with a scientific understanding of the interdependent action and re-action of mind and body. The basic principle of this system of treatment consists of the following now—well—recognised facts, to wit: that the involuntary or subjective mind has complete control over the functions of the organs of the body and immediately and interactionally associated with the mental faculties and states of the nerve centres, brain sensation and in fact with all organic and functional action known as involuntary; that all functions of all mental faculties and the physical organism may be therapeutically and in many other ways advantageously changed for the benefit of man by the skilful use of suggestion in some one or more of the many forms, when such suggestion is administered by skilful practitioners—doctors of suggestive therapeutics.

This treatment when practised by thoroughly competent operator—educated, developed and

experienced—versed in its theories, produces results that cannot be obtained by any other system or means of treatment.

Again too the results only vary in degree of intensity in accordance with the skill used by the operator and the manner in which the operator's instructions are followed by the patient. The cure of disease by the suggestionist is effected by suppressing pain and other unnatural or abnormal sensations; quieting, refreshing, or dynamically exciting nerve centres and organs; the perfecting of the circulation of the blood, and the fluids of nutrition; the equalizing of nerve force; retarding or accelerating pulse; inducing natural sleep; encouraging proper excretion and secretion and in every natural possible way aiding and promoting activity of the properties and forces innate in the physical, mental and psychical elements of the living being; overcoming all mental and physical inharmonies, stagnations, cessations and lastly proceeding with such selecting and rejecting measures as will assist nature in bringing health and strength to the deceased body or mind of the sufferer.

In so doing the practitioner of suggestive therapy is thus assisting the natural biological process of cure. All diseases and bad habits in

young and old are successfully being treated by this system to-day.

Health Culture

By DR. T. M. NAIR, A. M-I. A SC., UPPER BURMA.

Physical development is the most important part of self-culture. We cannot be strong mentally or morally unless our bodies are strong and healthy and therefore it is quite plain that our first aim should be to culture our health.

Among the thousand and one misfortunes that may befall mankind, ill health is the most bitter. Give a sick man all the luxuries that money can buy, surround him with the pomp of Kings and give him the choicest of dishes; yet he will spurn them all away and in fact envy the poor healthy beggar eating his dry crust and sleeping peacefully on the roadside. Why is this? It is because he does not possess that Vitality which is the source of all happiness. Disease is not necessarily connected with life. Thousands of people go this life without experiencing any illness at all and they die because their lamp of life is burnt out. Unless we come into this world inheriting the germs of disease from our parents, it is generally to our own carelessness and

intemperance that the loss of life's best gift, is to be attributed. I use the term 'Germ' guardedly; for the time is not, I am afraid, far distant when the germ theory must go and the disease will be attributed to a disturbance of the molecular motion of one or more of the inorganic salts of the body. I need not discuss it here. My object is to give an idea of how health may be cultured and a discussion of the germ theory or otherwise will be out of place in this article.

Our bodies are given to us by our Creator, not as an inalienable possession, but only as a loan which we will have to give up one day. It is given to us as an instrument of the soul, without which the latter cannot perform its appointed work on this earth. And when we remember that we by sinning against our body, deprive ourselves of the joys of life and also our capacity for doing good to others; when we remember that without a strong and healthy body, neither mental development nor moral progress is possible and that the progress of the Soul towards its goal depends entirely on our moral and mental perfection, is it not our duty to ourselves and to our God to keep our body in a perfectly healthy condition? One need not be a SANDOW or a RAMAMURTHI to possess good health.

All that he has to do is to supply the waste of the body, taking care at the same time not to introduce into his system any pernicious matter such as Alcohol etc. Health is a condition of normal cell metamorphosis and if we can recompense the blood by means of our food and drink, for the loss it sustains in supplying nutritive matter to the tissues, in proper places and requisite quantities there is no occasion for us to be sick. Thus it will be seen that food and drink are the most important considerations in the maintenance of health and the choice of good food is therefore an absolute necessity.

The food that we take should be wholesome, well cooked and palatable. Let me say from the outset that I believe in a strictly vegetarian diet. Fruits, negetables and farinaceous foods such as rice, wheat etc, with an abundant quantity of milk are quite enough to keep any one in a perfectly healthy condition. There is nothing in the world so relishing as a morning glass of milk taken with a few biscuits and plantains and a glass of milk at bed time is the best safe guard against habitual constipation. It will not be out of place here if I make mention of meat eating. I have no wish to run down the meat eaters. But kind reader, if you happen to be one

of them, pause a while before you eat flesh again. Why defile your bodies by filling them with putrefaction? If you are one of those that believe that animal food is necessary for the upkeep of your health, allow me to assure you that you are sadly mistaken. Vegetarian writers have proved beyond doubt that physical strength with increased mental and moral faculties is not only compatible with, but also favoured by, a well chosen diet from the vegetable kingdom and that such a diet is conducive to long life. The greatest thinkers of the world were vegetarians and enjoyed a long and healthy life. Wherein then lies the need for animal food? If you take it for the delicious taste it gives you, there again you are labouring under a delusion. It is the cooking that makes it so nice and tasty whereas the meat alone will give you an abominable taste of raw blood which will disgust you. Try it please. Then again why take away the lives of these innocent creatures? What have they done to you to deserve such cruelty at your hands? Are they not also God's creatures just as you are? Surely you are not one of those that hold that these poor animals, birds, fish etc., are created in order to be sacrificed for the satiation of man's appetite. It is a most absurd idea and one that no sane

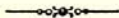
man would put forward. What the object of creating them is, must ever remain a mystery to us, just as there are many other mysteries beyond our ken:—

“Take not away the life you cannot give,
For all things have an equal right to live,
Kill noxious creatures when it is sin to save,
This only just prerogative you have;
But nourish life with vegetable food,
And shun the sacriligious tastes of blood.”

Go to a slaughter house one day and witness the butchers preparing your meet or go to the bank of a river and watch the fish playing in the water quite unaware of the guileful hooks or again get on the top of a tree in a jungle and watch the deer jumping and prancing about quite unconscious of the treacherous shot; watch these, I say and believe me if you are a man possessing even a spark of kindness in you, you will no more eat meat or even countenance the destruction of these innocent lives.

Verbum Sat Satiati, and so I trust I have not digressed in vain.

(To be continued)



One's body, conditions and environments are but the pictures of one's present development.

The I. A. Sc.

SUCCESS, HEALTH & HAPPINESS CLUB.

[The following special mystic instructions refer to the Meditation Branch of the Success, Health and Happiness Club, of our Academy. The instructions ought to be practised daily, according to special advice in Tele-Psychy. *The key to this code is supplied FREE to Members of our Academy only.* Reader! If you are not already a Member of the I. A. Sc., and if you desire to enrol as such and derive all the benefits thereby, you will kindly apply at an early date to our Academy.]

Thoughts for March, April & May.

5q&u kuuls 7u uvur *o36s. 7* %o?* q4 iu6u2u?.

5q&u q4 &355 2q98 7u. 8y!!* Q y7.

So?4 5qs89 q4 q6 7u.

What Cheers Our Way.

It is hope, sweet hope, that cheers our way through life. God, through His prophets, seers, poets and writers, has always thrown out vibrations of hope. Goldsmith said:—

“Hope, like the glimmering taper’s light,
Adorns and cheers the way;
And still, as darker grows the night,
Emits a brighter ray.”

MUSINGS

[BY THE EDITOR.]

This world is a great school of study for man. Many of his actions in daily life are faulty. He should fully realize it. He should be a humble student and proceed direct to better his ways and manners.

... ..

Failures are always good lessons as they bring home to man more and more knowledge and guiding power for the surer success at the next opportunity.

... ..

To live the successful life, is to take advantage of the very many opportunities that go to you. He who lets go opportunities and vainly complains of his 'hard lot' is surely a weak-willed individual.

... ..

Every moment is a fresh opportunity for the development of your mental, moral and spiritual powers latent in you. The wise seeing this seize it up.

... ..

Human mind is ever of a fickle nature. Let it lose, and its course is limitless. But you can steady it, guide it, and march it, as you please, if you are only master of your will-power. This power you can attain by a systematic drill of your mental faculties.

... ..

He who has an attachment to wordly objects, seldom has any opportunity to see to things spiritual; and he who realizes the true significance of matters Spiritual has the least attraction for worldly attainments.

... ..

It is sometimes said by Great men that life in Heaven corresponds to the simple life of a child. If you live a simple, pure and holy life, you are already on the path to Spiritual power and Bliss.

... ..

He is great who relaxing the muscles of his body and brain passes his days as often as possible in Spiritual Contemplation and Peace. He is the true Yogee and not the one who passes for same to-day with a *sanyasin's* robe and with mental culture—*nil*.

... ..

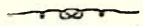
What is Happiness to one's estimation is Pleasure to another. Bliss and pleasure, virtue and vice are all pairs of opposites.

... ..

In the building of the human body brain, and mind—the souler power is the creative factor. In the maintenance and management of same, mind is the essential element. The violation of the laws of physical well-being leads to weakness, ill-health or disease, and this should also be attributed to Mind. Therefore Mind has the triunary functions of Brahma, Vishnu and Siva—Brahma as the Creator, Vishnu as the preserver and Siva as destroyer.

... ..

Man is a being bestowed with Reason. Life is nought if one is not for understanding the significance of its mighty power.



Notes & Reviews.

Hindoo Spiritualism has lost one of its foremost researchers from its rank by the passing away of BABU SHISHIR KUMAR GHOSH to Spirit Life. MR. GHOSH has the unique honor of having

been the pioneer to work up the cause of Western Spiritualism in India. He has done meritorious service to his country in having opened the eyes of the public to the value of the sublime and lofty tenets of Spiritualism. His transition took place at his residence in CALCUTTA on Tuesday the 10th January. MR MOTILAL GHOSH, his Brother succeeds to the Editorial chair of the H. S. Magazine.

... ..

DR. T. M. NAIR, A. M.-I. A. Sc, Physician & Surgeon of Upper Burma will henceforth conduct the HEALTH CULTURE Department of Self-Culture. He is an experienced Doctor besides being an enthusiastic researcher in the field of MENTAL, PSYCHIC, OCCULT & SPIRITUAL SCIENCE. He is an Initiate of our ACADEMY.

... ..

To bring the publication day of our Journal earlier every month, we have been forced to publish the FEBRUARY and MARCH numbers in one issue. The Journal will henceforth come out regularly on the 1st Monday of every month. This we have to do to meet the requests of our numerous foreign adherents and patrons.

... ..

We are glad to announce to our readers that this March 23rd is the Nientieth birth day of Dr. J. M. PEEBLES—our esteemed Associate. We wish every reader will send a thought of Cheer to the veteran Doctor for his continued health and happiness.

—o—o—o—

Five Journeys around the world: by DR. J. M. PEEBLES, M. A., M. D., PH. D, Vith Edition. Peebles Pub Co., Highland Park, Los Angeles, California, U. S. America. 522 pages. Price. Dol. 1. 75. Rs. 5—7—6.

In this volume our esteemed Doctor describes beautifully the rise and progress of nations and races, their ways and manners and their particular religious beliefs.

In one of his voyages, he takes with him a good Spiritual Medium and by holding many seances with him, in different localities of the globe, the author gleans wonderful revelations from ancient spirits relating to the conditions of civilization thousands of years ago, of buried cities, sunken continents and their inhabitants as also of various ruins.

The volume also supplies vivid pictures of weired experiences regarding Fire-worship, necromancy, Healing, ancestor worship and spirit intercourse. Address all orders to Publishers.

The New Cycle: By MRS. H. M. BARY, of the Order of the Unknown, 1277, West 23rd St, Los Angeles, California, U. S. America. Price. 25 cents: As. 12 ps. 6.

This is a neat little pamphlet dealing in the mysteries of the Golden Age of Man and the establishment of the kingdom of god on earth, from a common sense point of view. Interesting and elevating.

With much pleasure we recommend the firm of MESSRS. A. V. KRISHNA AIYER & SONS, Melarkod, Malabar, for the supply of all kinds of Cutlery. A swadeshi enterprise no doubt, with a neat workmanship. Elsewhere you find their advt.

Kindly patronise our Advertisers.



The Malabar Quarterly Review

A High Class Quarterly Magazine Of

Science & Philosophy History & Antiquities
Literature & Art Industry & Commerce
Politics & Religion

**The only Quarterly Journal of its kind
in all South India.**

ORIGINAL ARTICLES FORM ITS SPECIALITY.

It has a Staff of Eminent Contributors.

SOME OPINIONS.

The Indian World:—"The new Editor of this Quarterly—Mr. K. N. Sivarajan—seems to be an exceedingly energetic journalist, for, we have seldom had occasion to come across in the pages of this Review articles which were not singularly instructive and illuminating."

Annual Subscription Rs. 4; to India: Sh. 10; Foreign.

Address: -- Office: TRIVANDRUM,
Travancore., S. India.

Psychic Mysteries Revealed!

A complete course of practical instructions in HYPNOTISM, MESMERISM, NEW-THOUGHT, and Will-Culture. Has up-to-date methods.

Ably written by

Prof. M. Gnanaprakasam, C. E., F. I. A. Sc.

Cost Re. 1/4/-; Sh. 2; or 50 cents.

Address all orders to the Sole Agents,

**The Indian Academy of Science,
Kizhanattam, Tinnevely Dist., S. India.**

SELF-CULTURE ADVERTISER

Know Your Life Story

THROUGH

Harry Somner Shagren, A. M.-I. A. Sc.

Inga Therese Shagren, A. M.-I. A. Sc.

World Known Psychics; Demonstrators

and Teachers of Occultism,

Astrology, Magic etc.

Terms for full Readings and Horoscopes, Rs. 3; Sh. 4; or Dol. 1. Foreign friends send International Money Order. All matters of love, marriage, luck, days, health, wealth, speculation, etc., plainly and correctly told. We have thousands of pleased patrons all over the world. Send date of birth, remittance and special questions you are now interested in. Apply to:—

I. T. & H. S. Shagren, Dept. R.

Indian River, MICHIGAN, U. S. A.

**Psychic and Mystic, Divine Healers
Are Born Such.**

Says Dr. Prof. F. D. Huse,

Distant, Absence, Time, Separation, are Eliminated with the Work of the Real Psychic, or True Gifted One, as Mystic and Occult. Denver Contains Just One Such a Gifted One.

Works alone, Proves the Real in any Art, Science or Gift. One works alone. Advertise To, They have made One Success.

Rates for Silent Healing and all Occult work same. Silent Psychic Power, or Five Dollars per month; to all alike, payable in Advance.

The Occidental Mystic & Occult, a monthly magazine deals in matters Mystic, Psychic and Occult. Highly Thoughtful, instructive and interesting. Send your annual subscription of Rs. 3; Sh. 4; Dol. 1 to the Editor, Prof. F. D. Huse, P. O. Box, P. O. Box, No. 109 TREMONT PLACE, DENVER, COLO., U. S. A.

SELF-CULTURE ADVERTISER

Save your Doctor's Bills by using our world-renowned **Madanmanjari Tonic Pills** and also reading our

VAIDYA VIDYA.

A Guide to Health, Wealth and Happiness. Procureable in **English, Gujarati, Hindi, Marathi, Bengali, Tamil and Telugu.**

Millions of copies have already been given away **gratis and post free**, and if you want apply early. Our family is renowned for the past 200 years as the Darbar Physicians to H. H. The Jam Sahib of Jamnagar.

Raj Vaidya Narayanjee Keshavjee,

Proprietor.—**Ayurvedoday Aushadhalay.**

177, China Bazaar Road, MADRAS.

THE WEEKLY ANGLO-VERNACULAR.

The Indian & Foreign Trade Advertiser,

is the most popular paper of this province. It commands a very large circulation in business parts of INDIA, BURMA, CHINA, JAPAN, EUROPE, AFRICA and AMERICA, and thus is the best medium for advertisement. Being the principal organ for popularising trade and industries the paper reaches all classes of communities Europeans, Hindus and Mohammedans &c.

For *advt rates etc.* apply to:—THE MANAGER.

The Indian & Foreign Trade Advertiser
SHIKARPUR-- (SIND.)
INDIA.

THE VOICE OF THE MAGI,

Official organ of the Ancient Order of Melchisedek. A monthly magazine of Occult Science, Higher Spiritualism and Reform. Price, 75 cents a year, sample copies free from the Publishers.

Clubbing Offer:—Voice of the Magi & Self-Culture Journal, both for one year at Rs. 4-8-0 to India.

From The Beyond Series. Lectures given through the deep trance medium, E. H. Adams, by Intelligences from the Higher Spheres of Spirit Life, and reported for publication. No. 1. being lectures by Lincoln, Wakeman and Pomeroy. No. 2. being lectures by Douglass, Beecher and other. No. 3. being lectures by Wendell Philips, Theodore Tilton and others. No. 4. being lectures by Wendell Philips and D. S. Adams. No. 5. being lectures by Bishop Simpson, J. B. Young, and Manassah, an ancient Scribe. The price of each number is 5 cents; per doz. 25 cents., post paid.

Address **The Magi Pub Co., Dept B. Waldron, Ark, KIZHANATTAM, Tinnevely Dist, S. India.**

Your FUTURE will be better than the PRESENT if you have The Keys to Success in Life.

STUDY Mental, Moral, Psychic and Spiritual sciences.

We recommend to you for such a study by correspondence

THE INDIAN ACADEMY OF SCIENCE,

KIZHANATTAM,

TINNEVELLY DIST., S. INDIA.

Kindly inquire for full particulars.

SELF-CULTURE ADVERTISER

'The Inter-School Thinker.'

A high class monthly of 32 pages Demy in the interests of the Indian Student world. One of its valuable features is the publication of Students contributions. It advocates Brotherhood, Love and Service. Highly spoken of by the Press and the public.

Annual Subscription including postage Re. 1; to *bona-fide* students, Rs. 2; to others. For a sample copy send three half-anna stamps. A good medium for advertisements.

".....We gladly give a warm welcome to a new venture along educational lines.....The Inter-School Thinker is a little monthly.....conducted in the interests of the Indian Student world." Mrs. Annie Besant in *The Adyar Bulletin*.

".....Your *Inter-School Thinker*, let me again tell you, bids fair to be a blessing to the student world and is sure to nourish the hearts of our young men."
— H. V. Shroff Esq, B. A., *Principal, Shri Sivaji High School, Baroda.*

Apply to:————

THE MANAGER.

AMRELI, KATHIAWAR, INDIA.

GOSPEL OF Sri Ramakrishna.

OR THE IDEAL MAN FOR INDIA AND
FOR THE WORLD.

Demy Octavo, 400 pages, with five plates. Beautifully printed and bound with gilt.

Paper Cover Rs. 2-0-0 Cloth Bound Rs. 2-8-0

This volume contains the literal translation of the original utterances of the greatest Spiritual Teacher of the nineteenth century, as recorded by one of His direct disciple M.

Those who have read "My Master" and "The Sayings of Ramakrishna" will find in this volume the Sacred Treasure of the Spiritual Wisdom of India which was given to the world by the God-Intoxicated Bhagavan Ramakrishna for the benefit of humanity.

The teachings are absolutely uncertain and can be followed by all sincere seekers after Truth.

Highly spoken of by Swami Vivekananda and others.

Apply to:—

The Brahmavadin Office,
14, Baker Street, MADRAS.

Silk Pitambar Company, Benares City.

COATING & SHIRTING SILKS

Kashi Silks are just suited for coats, suits and shirts. They are light and shining. They make exquisite dress especially for the Summer. Can be had in pieces of 7 yards by 54 inches.

Samples free.

CHILDRENS' FRIEND.

Brass toys containing 32 beautiful, shining utensils of an Indian household. Can be had in two sizes.

Big size Rs. 4. Small size Rs. 2.

Catalogues *free* on application. Address:—

SILK PITAMBAR Co., BENARES CITY.

**ALL STUDENTS
SHOULD SUBSCRIBE
TO THE**

TEACHER.

Annual Subscription Rs. 2. For students Re. 1-8-0

Approved and recommended by the Director of Public Instruction, the Text Book Committee, Lahore.

The unique and foremost Educational monthly of its kind, designed for **Moral and Mental advancement**. To the weary, despondent and heavy laden students, it brings comfort, peace, hope, and joy. **Don't delay**, subscribe and see for yourself.

Specimen Copy 3 Annas.

Apply to:—

**THE MANAGER,
THE TEACHER,
DINGA, GUJARAT, PUNJAB.**

Tooth Powder.

This tooth-powder is the best of its kind. It is deliciously perfumed. It cures and prevents looseness of the teeth and the gums, and checks hemorrhage there from. Its use imparts fragrance to the breath and is the best cure for *curies* of the teeth. In short, it is the best remedy for all derangements of the teeth and the gums.

Apply well a little quantity of the powder to the teeth every morning and wash them off with cold water.

Price As. 4. for a tin of 3 tolas.

Balasanjeevi Pills or Children's Friend.

These pills are the very life blood of children. There is no other medicines for children that can so easily increase the vitality. They are the only remedy for Infantile fever liver complaints, cough, cold, Bronchitis and other diseases of the children. *Direction:*— One or two pills with Honey or Mother milk every morning and evening.

Price per bot. As. 8.

Apply to:————

The Manager,
N. R. Dispensary,
Kumbakonam.

For Malaria, Influenza & mild forms of Plague
use Batliwalla's Age mixture or Pills Re. 1.

Batliwalla's Cholera is the only remedy for Cholera Re. 1. Batliwalla's Tonic Pills cure Nervous Exhaustion and Constitutional Weakness, Re. 1-8-0; Batliwalla's Ringworm Ointment, As. 4. Cures ringworm or itch in a day.

Sold everywhere and also by;————

Dr. H. L. Batliwalla,
Worli Laboratory, DADAR, BOMBAY

USEFUL BOOKS.

Modern Letter Writer. (9th Edition) — Containing 635 letters. Useful to every man in every walk and position of life for daily use. Rs. 1; post 1 anna.

Treasury of Phrases & Idioms. (5th Edition) — Explained and illustrated with sentences quoted from standard English works. Rs. 3; post 3 annas.

Every-day Doubts & Difficulties. (in reading, writing and speaking the English Language). This book removes doubts in composition, helps to write correct English and gives new ideas. (7th Edition.) Rs. 1; post 1 anna.

Hand-Book of English Synonyms (8rd Edition). Explained with illustrative sentences. Aids to the right use of synonymous words in composition. Rs. 1; post 1 anna.

Select Speeches of the Great Orators — This book helps to write idiomatic English to improve the oratorical and argumentative powers, etc. Rs. 5; post 2 as.

Wonders of the World, in Nature, Art and Science. Very interesting and instructive. Rs. 1; post 1 anna.

Abbot's Life of Napoleon Bonaparte. Rs. 1/4/- post 4 annas.

English Translation of the Koran. With Notes. By G. Sale. Rs. 2; postage 3 annas.

Todd's Rajasthan. With Notes. Vols. 1 & II, Rs. 4; postage 8 annas.

Burke's Speeches on the Impeachment of Warren Hastings. Vols. I & II Rs. 4; postage 8 annas.

English Translation of the Ayeen Akbary. By E. Gladwin. Rs. 3; postage 3 annas.

Gibbons Decline and Fall of the Roman Empire. Vols. 1 & II with copious notes. Rs. 5/8/-; post 8 as.

Messrs. K. Bose & Co., Booksellers and Publishers, Badurbagan, CALCUTTA.

GUARANTEED CURE 'POLINES'

**For all kinds of urinary disorders.
First apply will stop discharges.**

**Complete cure in a day without
injection in both sexes. Physicians
always prescribe for acute and chronic
sufferers.**

**Price Rs. 2; for perfect Cure,
postage extra.**

**Address: — D. POLINES & Co.,
Chemists, Belegghata, CALCUTTA.**

ESTABLISHED 1885.

Save from the hands of Burglars.

CAUTION!!

Beware of worthless Imitations.

WONDERFUL DISCOVERY.

Patronized by Dr. Chambers--Civil Surgeon and several other European Civil Surgeons in Calcutta.

Dr. Ghose's Specifics for Hydrocele Varicocele Hernia and Elephantiasis have been imitated and are selling by some quacks at the same price Rs. 2-8-0 per bottle of 1 oz; and Rs. 30 per lb. by giving some worthless guarantee. None genuine if the medicines are not indented direct from Dr. Ghose special expert in India address as under:—

Wonderful Discovery Dr. Ghose's Indian Oil.

A GENUINE cure for Loss of manhood and Nervous Debility, whatever be the cause of Loss of manhood. This oil acts as a marvel, and restores the natural power in a very short time. It also restores an oldman to the pleasures of youth. Price. Rs. 2 per phial of one oz. Rs. 24 per lb. Testimonials highest Compound oil of Neem. Cure for skin diseases As. 8 per phial. Money returned if fails.

B. GHOSE'S SPECIFIC FOR DEBILITY.

A MEDICINE FOR NUTRITION OF SYSTEM.

A few days use brings the seed to its natural condition. It stops nocturnal emissions, thickens and increases its visible powers, cures weakness, failure of memory, dimness of sight, Chronic Gonorrhoea, stricture musens or any sorts of unhealthy discharges from the urinary passage. Re. 1-8-0 per phial. Apply to: —

B. GHOSE & Co., Chemists,

(Modhoor Neekatnu)

85/1. Bechoo Chatterjee's Street, CALCUTTA.

The Oriental Prognostic Observatory.

Send a trial Order & Satisfy Yourself.

Intuitional reading of horoscopes, a speciality.

The Board of Referees includes the greatest authorities in the Science of Prediction in Europe, India and America.

The methods of Prediction adopted are the most accurate and unerring and based on the best elements of the Hindu Chaldean, Egyptian and Arabian Sciences.

No judgment, reading or delineation is sent out until all the available resources have been exhausted.

Terms very moderate for the work turned out.

Apply, with birth-data stating requirements, to

V. V. RAMANAN,

M. A., F. Z. S., (Lond) &c., Corresponding Director.

I. SAMI PILLAI ST,

Choolai, Madras, N. C., S. India.

SELF-CULTURE ADVERTISER

The Aina.

(Anglo Sindhi Weekly Newspaper.)

The only recent acceptable Journal of its kind in Sindh. Highly spoken of by the press, Has much the largest circulation than any other publication in these parts. The very best medium for advertisements are abnormally low.

Apply to Messrs. Dabir & Co.

The Sindh Directory.

(Published Annually)

An encyclopælia of information about all important towns in Sind. Indispensable to all business men for Import and Export trade. It is an *Excellent Advertiser*. Gives the best results. Price for a copy is Rs. 2; or Sh. 3; post free. For advt rates, prospectus and literature. Apply to:—

Messrs. Dabir & Co., Publishers, The Sind Directory, HYDERABAD, SIND, INDIA.

KNOWLEDGE.

The Secret of Thrift is Knowledge. Knowledge is power. Your knowledge is not perfect if you do not possess. "The Mystic Magnet" which insures practical methods to attain all personal success in daily life. Send for it now.

Price Rs. 2-4-0; only. Money should be sent in advance.

Mrs. SAN NYUN. Esqr., writes:—"I find the Mystic Magnet to be very useful and giving great benefit to me, and I sincerely believe every one who takes it up will find it to one's heart's content."

Address:— Dr. C. V. RAJ, F. A. M. S. Insein (Burma.)

YOU PLEASE!

Now is the time for you to try Tennell's nervine Tonic. There are many Tonics, but Tennell's act like a charm. It speedily cures nervous debility, palpitation of heart, spot before eyes impaired digestion, absence of joy and happiness, premature loss of vigour, poverty of blood, headache, weak memory and all such complaints. A hope to the Hopeless & a sure cure. Price Rs. 2/8/-; a bottle to last for 10 days. Tennell's Mohini Bilas Oil (highly spoken by Raja Sahib Bilari) As. 8 per bottle. Tennell's Tooth Powder As. 3; Cycle Oil As. 4; Marking Ink As. 3. Address all orders to M. N. TENNELL, General Agent, AGRA, INDIA.

SELF-CULTURE ADVERTISER

TO ESCAPE

All Dangers, Moral & Physical,
Please READ OUR BOOK

KAMA SHASTRA

A Guide to Health, Wealth & Prosperity.

AVAILABLE IN

English, Marathi, Gujarati, Hindi, Urdu, Urdu
(in Gujarati Character), Bengali, Tamil and Telugu
(the last in the Press).

More than 5,62,000 copies already supplied *gratis*
and post free in not less than 42 editions!

ATANK NIGRAH PILLS.

"Gold after Dinner and a Jewel after Supper."

"Useful to both in and out of Health."

LEAD THE TONICS OF THE DAY.

THESE PILLS

(1) Remove Digestive Trouble. (2) Feed the
Fading Nervous. (3) Renovate the Decaying Memory.
(4) Purify and Enrich Blood. (5) Increase Strength.
(6) Re-invigorate the vital Power. (7) Stop Wet
Dreams. (8) Restore Lost Manhood.

Re. 1 for a tin containing 32 Pills.

Apply to:— VAIDYA SHASTRY

MANISHANKAR GOVINDJI,

ATANK NIGRAH PHARMACY.

HEAD OFFICE: JAMNAGAR KATHIAWAR.

BRANCH OFFICE: 132, Esplanade, MADRAS.

The Result of Great Research made
in the Medical Science by Dr. Paris of
New York for 2 Decades is,

Dr. PARIS' NERVE & TISSUE,

Restorative Liniment for External use only.

Price. Re. 1-0-0.

By applying over the generative organ & the tissues connected with it, this will not only completely check relaxation of the organ, cold, numbness, shrinking and allied disorders, but will develop the same to its usual and proper dimensions and bring nature's usual course to perfection and satisfaction.

3 bottles for complete cure, Reduced rate Rs. 2.

Vitality lost through secret vices and youthful errors, venereal causes, old age and long residence in tropical climates, is restored permanently while youthful vigour is imparted to the wasted constitution by this wonderful specific.

Dr Joseph's Vital Elixir.

It is also a sure and effective remedy for Diabetes, Paralysis, Epileptic attacks and all the Nervous diseases.

Prices—For vitality lost through venereal Causes, alcoholism, etc., Rs. 3 per bottle.

For vitality, lost through youthful errors and secret vices, Rs. 4 per bottle.

For complete cure 3 bottles (reduced rate)
Rs. 7—8—0, & Rs. 9—8—0

Specially skilled medical advice shall be given free for all incurable, Nervous & Sexual complaints

Apply to:—

Dr. JACOB, MACDONALD & Co.,

Specially Skilled Anatomists & Physiologists.
98, Varada Muthiappan St, GEORGETOWN, MADRAS.

Try!

Try!!

Try Our 'EXCELSIOR MIRROR'

OR

The New TRIKAL DARSHI Invention.

It works on up-to-date Scientific principles, & develops the rare powers of

**Spirit-Mediumship,
Thought-Reading,
Clair-voyance,
Clair-audience,
& other Occult powers.**

Harmless & better than Crystal-Gazing.

Introductory Sale Offer:—

one 'EXCELSIOR MIRROR' complete
with instructions Re. 1-4-0 post paid; Foreign 2s.

To subscribers of SELF-CULTURE & Members
of our ACADEMY. Re. 1 only; post paid Sh. 1 6d.

Order for One Mirror immediately by V. P.
system or *cash in advance*.

Address:—

THE INDIAN ACADEMY OF SCIENCE,
KIZHANATTAM, Chennvelly., INDIA.

SUPPLEMENT TO SELF-CULTURE



Dr. J. M. Peebles, M. A., M. D., PH. D.

ON HIS 90th BIRTHDAY,

MARCH 23rd 1911